GRADUATION MATTERS MISSOULA

STUDENT WELLNESS COMMITTEE MEETING MINUTES

3:30p.m., Wednesday, September 24, 2014

1. **Welcome & Introductions**

Attended by: Linda Simon (MCPS health services), Rebecca Morley (Health Dept), Lisa Beczkiewicz (Health Dept – Let’s Move), Lisa Cox (parent & MCPS employee), Mark Hartman (Sentinel teacher), Heidi Boehm (parent), Barrett Byrne (parent), Anna Semple (Forum for Children & Youth), Brandee Tyree (Forum for Children & Youth), Nate Sager (Sentinel DECA student), Brennan Drew (Sentinel DECA student), Kevin Leathers (Sentinel DECA student), Dylan Haggart (Sentinel DECA student), Kim Spurzem (NCBI Missoula), Ryder Delaloye (UM), and Kelly McGuire (Healthy Relationships Project) taking notes.

1. **Develop Common Commitments**

* Start and end on time
* Stay focused and on task
* Respectful communication
* Be as reasonable as possible; be open to ideas
* Wait to talk until others are finished
* Solution-based in our discussions
* Concise
* Meeting evaluations

1. **Review Subcommittee Goal**

Develop a list of recommendations for student wellness that informs school policy and curriculum

* + Embed Evidence Based Practices
  + Implementation Plans
  + Sustainability
  + Outcome Measures

*Long Term Goal: Enhance Student Wellness – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students*

1. **Identify Strengths & Needs**

**Strengths:** Idea generation, MBI integration, Diversity, clear vision of committee, increased awareness, specific accomplishments, holding summits, networking, better relationships with MCPS

**Challenges:** challenges working in MCPS schools, challenges in working in community, research, lack of policy in district, communication challenges in committee, funding resources, diversity of group (need people missing from table)

**Hopes:**

Communication and implementation: move from brainstorming to action

Progress/ solutions: more sustainability programming, improve access to MCPS schools

Student/teacher input/reality based solutions

Brainstorm Ideas

All agreed communication and framework were our biggest challenges.

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| **Communication** | **Framework** | **Meeting Process** |
| System for educating new members as they come in | Clarify mission and define what student wellness means to our group. | We need to stick to our guiding question and make that part of our group norms |
| Increase student and teacher involvement | Framework for our recommendations and way to track our progress-(strategic plan, logic model) | Pre-meting preparation e.g. monthly reports, protocol for providing work group updates |
| Clarify which groups have the resources to accomplish our wellness goals and which do not (gap analysis) | Develop plan that can be carried out over several years-some areas may not be addressed right away | Next Quarterly meeting have us meet in small groups to increase engagement |
| Develop a set of recommendations and then go to action | Decision process for accepting committee recommendations-system to identify best practice |  |
| Use google for work groups to develop products and then post to Wiki | Use the bronze, silver and gold model to evaluate how well schools are meeting recommendations |  |

1. **Identify Areas of Support-What is Our Structure?**

Physical Activity and Nutrition have clear recommendations to pass on to the GMM committee. The committee discussed the need for all groups to have recommendations even though we are at different levels of implementation. We also need data (e.g. BMI, reading office discipline referrals) to demonstrate recommendation effectiveness and identify areas in need of support.

Group discussed the need to be careful as to how much we bring to teachers, because they only have so much time and resources. We have best practices that incorporate physical activity and substance abuse, so how do we incorporate those that meet two goals at once.

We also need to make sure our recommendations are evidence based. Recommendations should be accompanied with research citations. We also need to discern between evidence based and promising practices.

How do we develop a portal for community and agencies to present their curriculum and programs they want teachers to implement? We need to make sure our recommendations are based from teacher and student need. Some schools are already implementing some of the recommendations. Do we know what people are doing right now?

1. **Hot Topic**: Smart Snacks in School

Federal law is mandating smart snacks. Lisa B: we need to decide whether to exceed these laws or not. Linda: we need to think about food allergies too.

1. Public Comment-non
2. Evaluation

Was the meeting a good use of our time

YES

Structure and timekeeping really helped keep us on track.

Laying out challenges, strengths and hopes helped lay out a base for us.

As a new member it really helped me know what I’m supposed to be doing and what I’m supposed to be commenting on.

We did a good job at recognizing where we are and how much we’ve done and how much we still need to do.

Carol did a good job of bringing us back to the topic at hand.

Did we do a good job of tracking whether we completed tasks from last meeting?

NO

Did we do a good job of completing tasks we agreed on?

NO

Are completed tasks having the desired effect?

NO

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